



DEPARTMENT ON DISABILITY SERVICES
DEVELOPMENTAL DISABILITIES ADMINISTRATION
HEALTH CARE BULLETIN
Issued:

The Link Between Diabetes and Cardiovascular Disease

Audience: All

The Link Between Diabetes and Cardiovascular Disease

- Cardiovascular disease is a major complication of diabetes and the leading cause of early death among people with diabetes.
- About 65 percent of people with diabetes die from heart disease and stroke.
- Adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than people without diabetes.
- High blood glucose in adults with diabetes increases the risk for heart attack, stroke, angina, and coronary artery disease.
- People with type 2 diabetes also have high rates of high blood pressure, lipid problems, and obesity, which contribute to their high rates of cardiovascular disease.
- Smoking doubles the risk of cardiovascular disease in people with diabetes.

Controlling Your Diabetes

Know the ABC's:

- **A** A1C-the test that measures average blood glucose levels over the last 3 months
Goal: A1C (Blood glucose) less than 7 percent
- **B** Blood Pressure-high blood pressure causes heart disease
Goal: Blood Pressure less than 130/80 mmHg
- **C** Cholesterol-bad cholesterol, or LDL, builds up and clogs your arteries
Goal: Cholesterol – LDL less than 100 mg/dl

What you can do to lower your risk of Cardiovascular Disease?

- ✓ **Reach and stay at a healthy weight.**
- ✓ **Get at least 30-60 minutes of physical activity each day. Walk. Play. Dance. Swim.**
- ✓ **Eat foods that are low in saturated fats, cholesterol, salt (sodium), and added sugars. Choose lean meats, poultry, fish, nuts (in small amounts), fat-free or low-fat dairy products.**
- ✓ **Eat more foods rich in fiber, whole grains, fruits, vegetables, dry peas and beans.**
- ✓ **Quit smoking.**
- ✓ **Take medications as directed.**
- ✓ **Support family and friends in managing their diabetes.**



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Talk to your [healthcare provider](#).

- Ask your doctor what your blood glucose, blood pressure, and cholesterol numbers should be and ways to help reach these goals.
- Get a complete foot exam each year.
- Have a complete dilated eye exam. If the results are normal, an eye care specialist may advise getting an exam every 2-3 years.
- Get a complete mouth exam twice a year.

Additional information and resources:

DC Health Resources Partnership

<http://dchrp.org/>

Medline Plus

<http://medlineplus.gov/>

Centers for Disease Control (CDC)

<http://www.cdc.gov/>

National Institutes of Health

<http://www.nih.gov>